

Sidekicks Video Description/Summaries

BLAH, BLAH (15 seconds) & UMMM (15 seconds)

- **Accompanying video file name(s)**
 - BlahBlah Emma_Agro
 - BlahBlah Emma_Cares
 - UmmmAnnieLyn
- **Video description/summary**
 - Slide #6
 - In the “Blah Blah” video, teens talk at each other giving the impression that the person talking isn’t making any sense and the person listening is only hearing the words “blah, blah” which attempts to capture the essence of how difficult conversations can fall on deaf ears and that Sidekicks is a way to guide teens into having more meaningful interactions with their peers, especially when it comes to having difficult conversations.
 - In the “Umm” video, teens are responding to their peers’ questions with a perplexed “umm” instead of something thoughtful and engaging so it’s showing that being trained as a Sidekick can help youth be able to respond in an effective manner to their peers when peers come to them for support.

WHAT DOES A SIDEKICK DO? (1:44)

- **Accompanying video file name**
 - Sidekicks Conversation
- **Video description/summary**
 - Slide #8
 - A female and male teen are playing basketball in the gym and they stop because she states “I need a break” so they go sit on the bleachers and she tells him, “I’m so stressed out. I really need a cigarette.” He asks her what’s up and she gives him an overview of what’s stressing her out. He asks open-ended questions to try to get her to open up about what’s bothering her and how she might be able to address her concerns.

“Mind Blown” (15 seconds)

- **Accompanying video file name**
 - 2018 Truth Initiative YouTube video - <https://www.youtube.com/watch?v=1OGI4f6lwnM>
- **Video description/summary**
 - Slide #15
 - Two puppet characters talk about vaping being safer than cigarettes and that one Juul pod contains as much nicotine as a pack of cigarettes; male puppet’s mind gets ‘blown’ with this information.

“4x” (30 seconds)

- **Accompanying video file name**
 - 2018 Truth Initiative YouTube video - <https://www.youtube.com/watch?v=wr8AsbPMSjM>
- **Video description/summary**
 - Slide #17
 - A room full of puppet characters sitting around a room talking about vaping; if you vape, you're 4x more likely to smoke. Vaping may be safer than smoking, but safer ≠ safe.

WHAT GOES WRONG? (6 min 32 seconds)

- **Accompanying video file name**
 - Tobacco Conversationⁱ
 - LINK: <https://www.youtube.com/watch?v=80XyNE89eCs>
- **Video description/summary**
 - Slide #25
 - This is the demonstration of confrontational patient counseling (to contrast with motivational interviewing approach).

WHAT GOES RIGHT? (1 min 55 seconds)

- **Accompanying video file name**
 - Tobacco Conversationⁱⁱ
 - LINK: <https://www.youtube.com/watch?v=DDeXwF8F3E>
- **Video description/summary**
 - Slide #26
 - This is the follow-up video to the “What Goes Wrong?” video in Slide #25 which shows a doctor having a conversation with her patient who brings in her young child to their appointment. In the “What Goes Wrong” video, the doctor is extremely judgmental in her conversation regarding her patient’s tobacco use and doesn’t allow for any doctor/patient engagement. In the “What Goes Right?” video, the doctor asks many open-ended questions and is much less judgmental toward her patient which in turn, promotes an opportunity for the doctor to talk to her patient about the challenge of nicotine/tobacco addiction as well as possible treatment options for her patient.

REFLECTIVE STATEMENTS (1:49)

- **Accompanying video file name**
 - Sidekicks Ethan Story
- **Video description/summary**
 - Slide #31
 - In this video, there are 2 clips of the same conversation (one teen talking to the other about how his parents’ fighting has affected his mental health).
 - In the 1st clip, Ethan sits down at the table with Grace, who is looking at her phone as Ethan talks about how tired he is and when Grace asks “What’s up?” he responds, “It

doesn't really matter." Grace gets up to leave and Ethan hangs his head, hunched over the table alone.

- In the 2nd clip, the same scenario plays out but this time Grace takes the time to listen to Ethan uses a reflective statement to engage Ethan further. Ethan and Grace end their conversation with a plan to find someone for Ethan to talk to.

OPEN-ENDED QUESTIONS (1:13)

- **Accompanying video file name**
 - Sidekicks Algebra
- **Video description/summary**
 - Slide #36
 - In this video, there are 2 clips of the same conversation (one teen talking to the other about her homework concerns).
 - In the 1st clip, Kaia is sharing her frustrations with Chase about her homework concerns; Chase is quick to offer up substances for Kaia to not feel so stressed rather than inquire about his friend's concerns and he asks her, "Have you ever tried taking anything to get you through?"
 - In the 2nd clip, the same scenario plays out but this time Chase is much more engaged in the discussion and offers some support using open-ended questions instead of offering Kaia drugs, which essentially ends the conversation.

ASKING PERMISSION (1:24)

- **Accompanying video file name**
 - Sidekicks iPhone
- **Video description/summary**
 - Slide #42
 - In this video, there are 2 clips of the same conversation (one teen talking to the other about her concern about selecting a college to attend).
 - In the 1st clip, Chanel is stating (via FaceTime) that she is having a hard time deciding what college to apply to; Aaron says to her "Well why don't you just go where I'm going?" and Chanel responds by saying, "Yeah, I guess I could do that" and the conversation ends.
 - In the 2nd clip, the same scenario plays out but this time the Aaron is much more engaged in the discussion and offers some support by asking her if it's ok if he can provide her some advice for her situation; she says sure and the conversation continues.

GETTING UNSTUCK (35 seconds)

- **Accompanying video file name(s)**
 - Unstuck Conversation
- **Video description/summary**
 - Slide # 44

- In this video, one teen approaches the other and shares how stressed out he is and that smoking helps relieve his stress; the other teen asks open-ended questions and reflective statements to get a sense of where his friend's stress is coming from and explores a bit more about whether or not smoking actually does relieve his stress and what he could maybe do to relieve his stress instead.
- This video takes place at a locker in a school hallway between an Asian male (talking) and a white male (listening)

HOW TO BECOME A SIDEKICK (1 min 55 seconds)

- **Accompanying video file name(s)**
 - Unknown (was not given to MaineHealth in the transfer of files)
- **Video description/summary**
 - Slide #46
 - In this video, 2 females are having a conversation about a math test as they pack up their sports gear in the locker room. One person states that she did poorly on her math test because she basically 'gave up' and the other person states, 'that doesn't sound like you, what's up?' and the person listening asks questions about how she's feeling and what's stressing her out; they discuss what feelings and actions are 'normal' and what feelings and actions might need some additional attention (in this case, the listener is picking up on the fact that her friend might be depressed, identifying and reflecting on the fact that her friend is having 'more than just a bad day', and suggests she finds a trusted adult, and offers to go with her friend, to discuss her feelings with so she can start to feel more like herself as well as a plan to meet up and keep talking after she talks to a trusted adult).
 - This video takes place in a locker room between two white females.

ⁱ Unable to locate original video (mp4) to upload to YouTube (8/28/17)

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